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LEA MICHELE IS LEARNING FROM THE EXPERT. PAGE 24



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Pot of gold?

Wellbeing. There's plenty of anecdotal evidence about medical marijuana, but legalization has opened the door to verifying their claims scientifically. We ask an expert about how medical-grade pot works and what it's been proven to do. PAGE 27



The state's Compassionate Care Act only approved liquid forms of marijuana for medical use. / ISTOCK

Tech crash course for NYC foster children

PAGE 02

Brangelina get ready for yet another kid

PAGE 22



Yankees, Mets trying to nab momentum

PAGE 32

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1 'Road closures for Philly Papal visit announced'

2 'MAP: NYC street closures during Pope Francis' visit'

3 'VIDEO: Local nude Bollywood dancers take over Times Square'



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NYC foster kids get digital education

200 kids. The New York Foundling organization launched its first-ever digital inclusion program.

A classroom full of 18 teens was quiet one Saturday afternoon in Greenwich Village, save for some keyboard taps.

Mufasa Peterson was finishing a typing test, clicking most keys with his index finger.

"Let me show you something," said Jerelyn Rodriguez, one of the teachers in the room, as she suggested where Peterson could rest his fingers to type faster.

"I can't," he said, "my fingers are too long."

Rodriguez suggested, "That's why you have to practice."

Peterson, 18, was one of about 200 foster children from around the city taking part in a new program designed to give them consistent access to technology at a time when New York City schools are moving toward an increasingly digital landscape.

Last week, the de Blasio administration announced a comprehensive plan to offer computer science classes to all public school students by 2025, compared to the less than 5 percent of students with access to those classes today.

The push toward offering coding classes to all students is daunting enough, but potentially more so for scores of young New Yorkers whose only access to the Internet is via smartphone.

"Foster care children are really the disadvantaged of the disadvantaged," New York Foundling Chief Operating Officer Bethany Lampland told Metro. "It's very difficult for students to take advantage of that sort of education when they come to the table already behind."

To that end, Lampland helped design the Foundling's two-part initiative



Foster youths explore on their new laptops during an informative computer course on Christopher Street. / HANNAH MATTIX, METRO



Internet

Digital divide keeps growing: Comptroller

New Census figures show poor and working-class New Yorkers are even more likely to be cut out of broadband Internet access than ever before.

About 813,000 people across the five boroughs lack broadband Internet access at home, with the problem disproportionately affecting low-income residents in the South Bronx and both central and eastern Brooklyn.

"The Internet is the

great equalizer, powering commerce, education and connectedness," said Comptroller Scott Stringer in a statement Monday.

"But even as more New Yorkers have access to broadband, parts of our city are continuing to be left behind," Stringer added. "We have to take steps to end the digital divide and provide high-speed Internet in every neighborhood — from Bayside to the Bronx."

Overall, the city did see a slight 1 percent increase of households with broadband access between 2013 and 2014. At the same

time, Stringer noted, the inequality between affluent and poorer neighborhoods has only grown.

In the last year alone, broadband access in South Bronx neighborhoods actually dropped from as high as 68 percent in 2013 to as low as 59 percent in 2014. Brownsville in Brooklyn saw a drop as well — 55 percent from an earlier 61 percent.

Stringer revealed the updated numbers at a public hearing on the proposed \$56 billion merger of cable companies Charter Communications and Time Warner Cable. **CHESTER SORIA**

dustry. Working with vocational groups Per Scholas, Year Up or General Assembly, up to 20 young adults will get hands-on training and support to join New York's booming tech sector.

"There's really no reason that our gifted and tenacious young people shouldn't have opportunities and careers, even if they're not college bound," Lampland said.

Last Wednesday, Mayor Bill de Blasio said it would match every dollar donated to the \$81 million public-private partnership to offer coding classes in schools.

Foster parent Nathaniel Ciscart also applauded the mayor's efforts.

Ciscart attended the parent session. Even though he's pretty confident in his computer skills, he said he wanted his foster child Jatiese, 15, to be just as confident while also safe on the Internet.

"In the long run, the lack of knowing how to use technology correctly can be a real hindrance," Ciscart said. "The challenge comes from not having the tools now."



CHESTER SORIA
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Quoted

"Foster care children are really the disadvantaged of the disadvantaged."

Lampland

to help many of the approximately 14,000 children in foster care across the five boroughs catch up with their friends and classmates.

Fully funded by donations to New York Foundling, the program targets both kids currently in the foster system and young adults who age out and might need help to bridge a gap in technology skills.

The first part of the program invited 200 eligible children as young as 12 years old to its digital inclusion program. Over the course of three weekend classes, each student will learn basic computer and

Internet skills, eventually graduating to a quick lesson in coding.

At the same time, their foster parents can also take three modified classes with their own new laptop. Each household will then receive a personal Wi-Fi device with free Internet service for up to four years.

The second part of the program is designed for 18- to 21-year-olds who are interested in tech careers and want some help breaking into the in-

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Tech. New app made for NYCHA repairs

For NYCHA residents with peeling paint, clogged drains, running toilets or worse, help is now just a click away.

New York City Housing Authority Chair & CEO Shola Olatoye announced the launch of the MyNYCHA app on Monday outside the Mitchel Houses in the Mott Haven neighborhood of The Bronx.

"One of the best things about the MyNYCHA app is that residents can use it any time of day, wherever they are. It's fast, it's easy and there's no waiting to speak to someone," Olatoye said.

Olatoye said the app is part of NextGen NYCHA, the 10-year strategic plan for affordable housing. The app, which is available for both iPhone and Android devices, is expected to be available in Spanish and accessible on the Web by the end of the year.

The app, which has already been downloaded by 2,000 residents, provides



A truck advertises the new app. / BESS ADLER, METRO

another way for residents to request and schedule maintenance work. The Customer Contact Center was previously the only way for residents to report repairs, and the center received about 7,000 calls a day. A NYCHA spokeswoman told Metro that about half of the 1,000 work orders submitted through the app have been completed, and that the housing authority is not giving preferential treatment to app users.

WENDY JOAN BIDDLECOMBE

City Council members: Legal pot may curb K2

Synthetic. K2 sent 2,300 people to emergency rooms in two months.

De Blasio administration officials rebuffed suggestions by multiple City Council members that the spike in synthetic marijuana use throughout the city was linked to the criminalization of marijuana.

The council heard testimony from city officials on three proposed bills aimed at ending the use and sale of the synthetic drug commonly referred to as K2.

Various lawmakers pointed to the current laws against marijuana as a possible reason for the 2,300 people sent to NYC emergency rooms between July and August alone.

Manhattan Councilman Corey Johnson, Brooklyn



K2 / GETTY IMAGES

Councilman Rafael Espinal and Council Speaker Melissa Mark-Viverito all urged the de Blasio administration to look into how marijuana policy might be causing a demand for its synthetic double.

Elizabeth Glazer, director of Mayor Bill de Blasio's office of criminal justice, told the council that marijuana legalization is "not something the administration supports."

Gov. Andrew Cuomo's office did not respond to

Metro's request for comment on the link between K2 and marijuana laws.

"While I understand that today's hearing is not about the legalization of marijuana," Espinal said at the hearing, "I want to express my belief that legalizing marijuana would go a long way toward dissolving the K2 market."

Johnson, who chairs the council's health committee, blamed outdated marijuana laws for making synthetic drugs like K2

— which is undetectable by conventional testing — popular among certain crowds of New Yorkers.

Bronx Councilwoman Vanessa Gibson expressed concern over packaging of the synthetic product, which she feared might attract young New Yorkers.

A Health Department representative affirmed at the hearing, however, that the majority of K2 users treated in emergency rooms appear to be men with a median age of 37.

As a result, multiple agencies are working to roll out an public service campaign specifically targeted toward the people and public areas most affected by the K2 crisis without inadvertently attracting younger users.



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Michael Chernow ('08 grad), founder of The Meatball Shop and Seamore's in NYC

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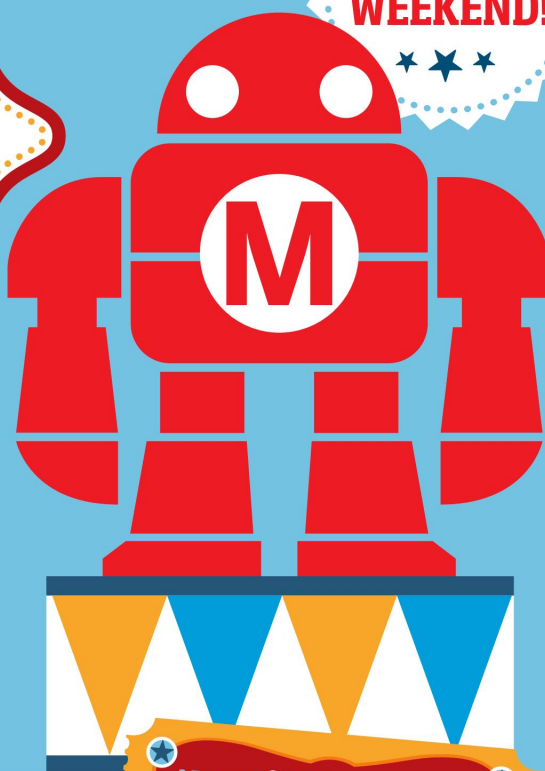
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Bronx

**Cab driver
shot and killed**

A cab driver was killed in the Bronx on Monday morning in an attempted robbery, cops said. Police responding to a report of

an assault at East 189th Street and Beaumont Avenue at 1:30 a.m. found Barry Mamadou shot in the head in the front seat of his Lincoln town car. He was declared dead at the scene. **CHESTER SORIA**

Police reform

**James Blake
meets with
mayor**

James Blake stopped by City Hall on Monday afternoon to meet with Mayor Bill de Blasio, weeks after he was wrongfully arrested by a police officer in front of a Midtown hotel.

Shortly before the meeting, de Blasio told reporters he looked forward to telling Blake about his administration's successes with local policing so far.

"I'm certainly going to let him know how much we are making fundamental reforms in the relationship between police and community,"

the mayor said.

When asked if Blake was receiving special treatment, de Blasio admitted Blake — who has called for his arresting officer James Francatore to be fired — was a prominent person. "But the bottom line here is the changes were already moving, and that's what I want to explain to him, and certainly to all New Yorkers. We don't want to see this kind of thing happen," de Blasio said.

Video surveillance showed Francatore tackle an unresisting Blake to the ground without any other officers as they searched for a suspect in a credit card fraud case.

CHESTER SORIA

**Street named for crime
stats guru Jack Maple**

NYPD Commissioner Bill Bratton was on hand in Richmond Hill Monday for the renaming of 108th Street at Park Lane South in honor of former deputy commissioner Jack Maple. Remembered for creating the revolutionary data-driven CompStat system, Maple died in 2001 after a battle with colon cancer. Above, from left, are Grace O'Connor, Beth O'Connor, Amber Marie Maple, and Brigid O'Connor-Maple, Bratton, City Councilman Eric Ulrich, Assemblyman Mike Miller

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Tech. World Maker Faire spotlight: Olivia Koski, maker of Fire Organ

Each week, Metro highlights an inventor who will be at World Maker Faire 2015. This week, we talked with Olivia Koski, 36, from Brooklyn.

What are you showcasing at World Maker Faire?

The Fire Organ, a musical instrument that turns music into flames.

How did you come up with the idea?

The collective of artists, scientists and engineers I'm part of, Guerilla Science, has been bringing a device called a "Rubens' tube" to festivals for several years now. Invented by a physicist named Heinrich Rubens in 1905, it's used by physics teachers to help students visualize sound waves with fire. I thought it would be fun to create a "Fire Organ" by setting up five of these flame tubes in a row.

Did anything surprising



Olivia Koski, in green, stands with her Guerilla Science team. / PROVIDED

happen while you were developing it?

The first time we turned it on we accidentally melted a speaker.

What are you working on next?

We're looking for musicians to compose music for the fire organ. You have to think not only about the sound but also the shapes the sound waves make with fire.

Is there anyone at World Maker Faire you're excited to meet?

I hope to meet a lot of robots.

What invention do you think would change the world?

The laser, invented in 1960, is one of the most revolutionary inventions in my opinion.

Meet Maker Olivia Koski at
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- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
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Baby Doe

Biological father at proceedings

Bella Bond's biological father, Joseph Amoroso, appeared at today's proceedings, as did Rachelle Bond's former friend Megan Fewtrell, 36. Fewtrell clutched a stuffed yellow duck she said Bella cherished. At one point,

Fewtrell said she hoped Bond would "rot in hell."

Amoroso said outside the courtroom that he had never met Bella, and that he forgives Rachelle for the child's murder.

"If you look at Rachelle's neck, you'll see a track mark," Amoroso said. "McCarthy was dosing her with a gram to three grams of heroin to control her."



Amoroso / GLOBE STAFF

Bond is facing accessory to murder and improper disposal of a human body charges. McCarthy is facing first-degree murder and improper disposal of a body charges.

As McCarthy and Bond were led out of the court, Amoroso shouted, "Michael McCarthy, you're done. You won't last a day." **METRO**

Baby Doe was stuffed in fridge as mom shot up



Rachelle Bond, left, and Michael McCarthy are arraigned in the death of Bella Neveah Amoroso Bond. / PAT GREENHOUSE / GLOBE STAFF

Bella. No bail for the man charged with killing Baby Doe, while her mother was held on \$1 million.

Quoted

"Michael McCarthy, you're done. You won't last a day." Amoroso

Afterward, Bond said McCarthy would regularly inject her with heroin to keep her sedated.

McCarthy then took Bella's body and tossed it into the ocean near the South Boston waterfront. Her remains were discovered wrapped in a garbage bag on the shore of Deer Island on June 25.

McCarthy went into the hospital on Sept. 17, at which point Bond was able to run away and contact authorities.

Bond and McCarthy were arrested Friday, putting an end to an 83-day-long search for any information regarding the identity of a computer-generated image of a brown-eyed little girl.

According to court documents, a friend of Bond's asked her about Bella on Sept. 16. The friend said Bond told her that she would never be able to see her daughter again and that she was afraid of being an accomplice to a murder.

The friend told investigators that they had witnessed McCarthy and Bond scream at the child, call her a "demon" and lock her in a closet. As images of Baby Doe circulated the television and social media sphere, the witness contacted McCarthy and Bond, accusing them of killing the little girl.



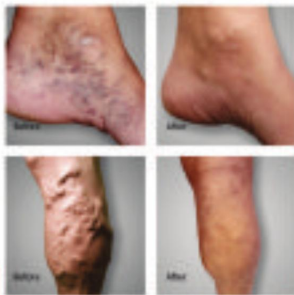
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Democratic presidential candidate Hillary Clinton / GETTY IMAGES

Clinton plans to fight drug 'price gouging'

Lead. Clinton maintained her front-runner status with about 48 percent of support in a recent poll.

Quoted

"Price gouging like this in the specialty drug market is outrageous."

Clinton said on Twitter

Democratic presidential candidate Hillary Clinton will unveil a plan this week to cap out-of-pocket costs for specialty drugs, her campaign said on Monday, as a tweet from Clinton accusing companies of "price gouging" sent biotechnology stocks tumbling.

Clinton was expected to allude to her plan in public remarks on Monday and spell it out in more detail at a health care forum in Des Moines, Iowa, on Tuesday, an official with her campaign said.

Clinton has been under pressure to take more populist stances to widen her lead over the current second-place Democratic candidate, U.S. Senator Bernie Sanders. Clinton could face more hurdles if Vice President Joe Biden enters the race.

Sanders already has introduced legislation in the Senate to crack down on what he called "skyrocketing" increases in prescription drug prices.

On Monday, shares in biotech companies such as Immunogen and Gilead Sciences dropped after Clinton tweeted that steep prices for specialty drugs were "outrageous."

"Tomorrow I'll lay out a plan to take it on," she said. She pointed to a New York Times story about a 62-year-old drug to treat a deadly parasitic infection that soared in price to \$750 a tablet from \$13.50 after the drug was bought in August by a startup pharmaceutical company.

"Big Pharma" companies have long been criticized for steadily raising prices of prescription medicines in the United States, unrestrained by price controls that are common in other countries.

Also controversial has been the strategy of raising prices for older drugs after they're acquired by other companies. Examples include heart medications Nitropress and Isuprel, which were bought by Valeant Pharmaceuticals this year. **REUTERS**

No path to win

Republican Walker to drop out of 2016 presidential race

Republican Governor Scott Walker of Wisconsin plans to drop out of the 2016 U.S. presidential race after deciding he has no path to win his party's



Scott Walker / GETTY IMAGES

nomination, a Republican familiar with the decision said on Monday.

Walker's campaign announced he would hold a news conference in Madison, Wisconsin, at 6 p.m. ET on Monday, but it did not say what he would discuss. His campaign did not immediately respond to requests for comment.

Walker, who gained national attention for

fighting unions in his state and surviving a heated recall election in 2012, struggled to distinguish himself from a crowded Republican field. He received 3 percent of support in a recent Reuters/Ipsos poll of the Republican field.

Walker's decision to pull out was first reported by The New York Times.

REUTERS

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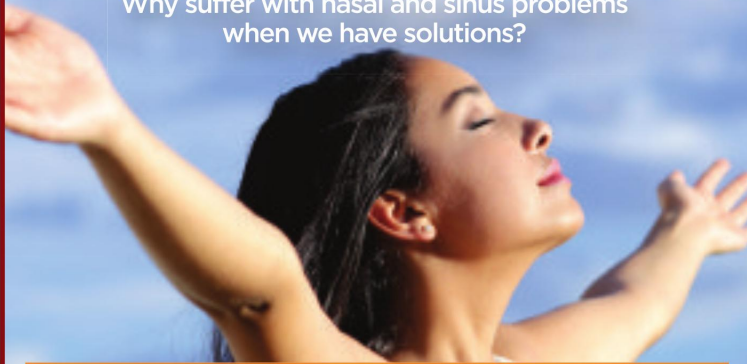
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Leaders meet. Israel, Russia to coordinate military action on Syria



Russian President Vladimir Putin meets with Israeli Prime Minister Benjamin Netanyahu during their talks in Novo-Ogaryovo State Residence in Moscow. / GETTY IMAGES

Israel and Russia agreed on Monday to coordinate military actions over Syria in order to avoid accidentally trading fire, Prime Minister Benjamin Netanyahu said during a visit to Moscow.

Recent Russian reinforcements for Syrian President Bashar al-Assad, which regional sources say include warplanes and anti-aircraft systems, worry Israel, whose jets have on occasion bombed the neighboring Arab country to foil suspected handovers of advanced arms to Assad's Lebanese guerrilla ally Hezbollah.

Briefing Israeli reporters after he met Russian President Vladimir Putin, Netanyahu said he had come with the goal of "prevent[ing] misunder-

Quoted

"Everyone has an interest in avoiding an unnecessary clash." Netanyahu

standings between IDF [Israel Defense Force] units and Russian forces" in Syria, where Assad is fighting Islamist-dominated insurgents in a civil war.

Netanyahu added that he and Putin "agreed on a mechanism to prevent such misunderstandings." He did not elaborate. There was no immediate comment from the Kremlin.

In earlier remarks as he welcomed Netanyahu to the presidential residence of Novo-Ogaryovo,

outside Moscow, Putin said Russian actions in the Middle East would always be "responsible."

Underlining the importance of Netanyahu's one-day visit to Moscow, Israel's premier took along the chief of its armed forces and the general in charge of Israeli military intelligence.

Putin, who shares Western concern about the spread of Islamic State influence, has pledged to continue military support for Assad, assistance that Russia says is in line with international law. Russia has been focusing forces on Syria's coast, where Moscow keeps a big Mediterranean naval base.

REUTERS

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Six things you need to know

Macy's to hire 85,000 workers for holiday shopping season

Department store chain Macy's Inc. plans to hire 85,000 temporary workers in the United States for the holiday shopping season, down from 86,000 last year.

Macy's said that about 12,000 positions would be based in direct-to-consumer fulfillment facilities in areas such as Arizona, Oklahoma and Connecticut.

Macy's customer service centers will get 1,600 workers.

More than 1,000 will be hired as support staff across the country for other events such as the Thanksgiving Day Parade, the operator of Macy's and Bloomingdale's stores said.

Retailers get nearly a third of their annual sales and almost 40 percent of their profits in the shopping season that starts a day after Thanksgiving and goes on until early January.

Rival Kohl's Corp. said this month that it would hire 69,000 workers for the season. **REUTERS**



HOLIDAY CROWDS AT MACY'S /GETTY IMAGES

NC man accused of trying to drown daughters, ages 3 and 5

A North Carolina father is facing attempted murder charges after he allegedly tried to drown his young daughters in a pond, police said on Monday.

An off-duty sheriff's deputy pulled the two girls, ages 3 and 5, from a pond in Durham on Sunday night, police said in a statement. Their 7-year-old brother was able to escape and seek help, Durham police said.

Alan Tysheen Eugene Lassiter, 29, of Raleigh was charged with three counts of attempted murder and was being held in jail on a \$2.5 million bond. **REUTERS**

White House concerned by Volkswagen

The White House said it was "quite concerned" about reports it was seeing concerning Volkswagen's conduct in complying with U.S. Clean Air Act requirements.

"It's fair to say that we're quite concerned by some of the reports that we've seen about the conduct of this particular company, but ultimately this is the responsibility of the Environmental Protection Agency to take a look at it and that's exactly what they're doing," said White House spokesman Josh Earnest.

Volkswagen shares plunged more than 20 percent on Monday after the German carmaker admitted it had rigged emissions tests in the United States. **REUTERS**



Dallas police fatally shoot man they say opened fire on them

Dallas police fatally shot a man armed with a handgun on Monday after he opened fire at an apartment complex while officers were responding to an unrelated call, police said.

Geraldo Ramirez, 24, fired several rounds in the air to draw the attention of officers who were investigating a car accident. Ramirez then began shooting at them, Deputy Chief Rob Sherwin told a news conference.

"This incident did not involve Mr. Ramirez, but he told his girlfriend that he did not want to live and wanted to shoot at the officers," Sherwin said. **REUTERS**

Apple cleaning up iOS App Store after first major attack

Apple said it is cleaning up its iOS App Store to remove malicious iPhone

and iPad programs identified in the first large-scale attack on the popular mobile software outlet.

Several cybersecurity firms reported finding a malicious program embedded in hundreds of legitimate apps.

The hackers embedded the malicious code in apps by convincing developers of legitimate software to use a tainted, counterfeit version of Apple's software for creating iOS and Mac apps, which is known as Xcode, Apple said. **REUTERS**



Plan to admit more refugees faces stiff opposition in US Congress

Plans by President Barack Obama's administration to allow thousands more refugees into the United States faced stiff opposition on Monday in the U.S. Congress, where Republican lawmakers demanded the right to review, and reject, the effort, citing fears of terrorism.

Secretary of State John Kerry on Sunday announced an increase in the number of refugees the country takes in by 15,000 in each of the next two years, bringing the total to 100,000 by 2017.

He did not say how many of the additional refugees would be from Syria, but the remarks may show increasing U.S. willingness to help cope with the mass migration of Syrians, although the offer is modest when compared with the hundreds of thousands that are moving to Europe and, in particular, Germany.

Under current law, Congress does not have to approve the Democratic administration's plans to admit more refugees. But the House of Representatives and Senate, both controlled by Republicans, would have to appropriate money to pay for the additional effort.

Lawmakers worry that Islamic State fighters could pose as refugees in order to sneak into the U.S. or western Europe. **REUTERS**



REFUGEES AND MIGRANTS ARRIVE ON EFTALOU BEACH, WEST OF THE PORT OF MYTILENE, ON THE GREEK ISLAND OF LESBOS. /GETTY IMAGES

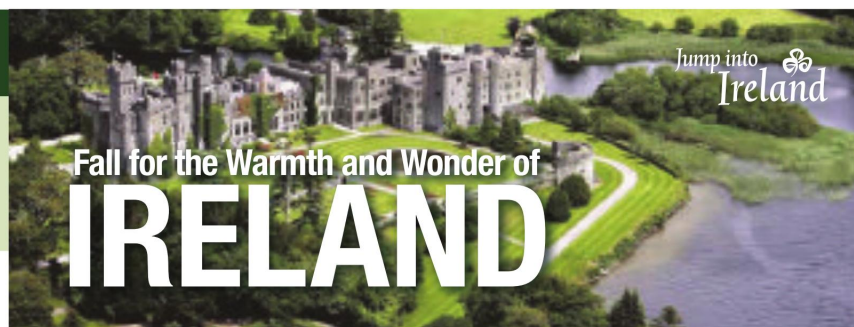
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Pandora wins round at US Copyright Office

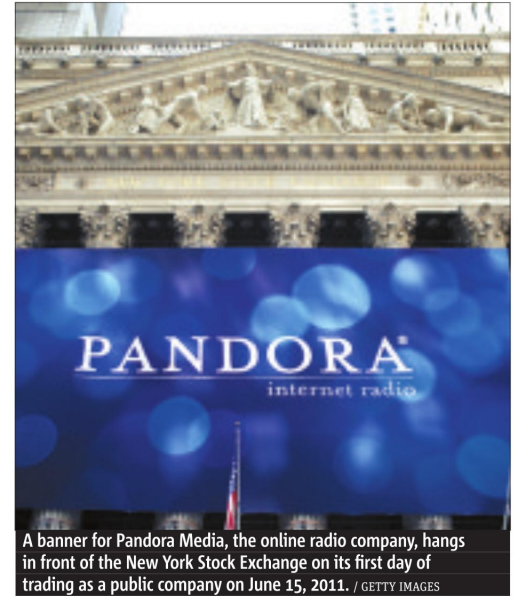
Tunes. Pandora Internet Radio is a music streaming and automated music recommendation service.

Pandora Media Inc. said on Monday it was pleased that the U.S. Copyright Office agreed that the company's pact with Merlin Network, a global rights agency for independent musicians, was admissible as a benchmark in royalty proceedings.

A three-judge panel called the Copyright Royalty Board has been working on setting royalties for Internet radio companies such as Pandora and Jango, and is due to come to a decision in mid-December.

These online radio companies have urged a lower rate as they struggle to be profitable.

In August 2014, Pandora reached an agreement with Merlin over



A banner for Pandora Media, the online radio company, hangs in front of the New York Stock Exchange on its first day of trading as a public company on June 15, 2011. / GETTY IMAGES

royalties to be paid in the United States.

The Copyright Office said on Monday that the board may consider the rates that Pandora and Merlin hammered out in reaching its decision on what royalty should be paid for songs streamed

on the Internet.

"We look forward to the certainty that December's decision will bring, and are prepared to thrive in a number of potential outcomes," said Dave Grimaldi, Pandora's director of public affairs, in a statement. **REUTERS**

Wall Street Journal. Apple targets 2019 shipping date for electric car

Apple Inc. has designated building an electric car as a "committed project" and has set a target shipping date for 2019, The Wall Street Journal reported on Monday.

The project has been code-named Titan and its leaders have been given permission to triple the 600-person team, the WSJ said, citing people familiar with the matter.

For Apple, a "ship date" doesn't necessarily mean the date that customers receive a new product; it can also mean the date that engineers sign off on the product's main features, the WSJ said.

Apple spent more than a year investigating the feasibility of an Apple-



branded car, including meeting with two groups of government officials in California, according to the Journal.

Sources told Reuters in August that Apple was developing a car and studying self-driving technology, but it was unclear if the iPhone maker was designing a vehicle that could drive itself.

The Cupertino, Califor-

nia-based company doesn't currently plan to make its first electric vehicle fully autonomous, the WSJ said on Monday.

Apple has been consistently hiring car experts as part of its effort to build a team in automated driving.

Apple this year has hired Megan McClain, a former Volkswagen AG engineer with expertise in automated driving, and Vinay Palakkode, a graduate researcher at Carnegie Mellon University, a hub of automated driving research.

Apple also hired a senior engineer from electric car maker Tesla Motors Inc., according to a LinkedIn posting. **REUTERS**

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How to study abroad without breaking the bank

Education. Stacie Berdan gives us some cost-saving tips on studying in a foreign land.

Studying abroad may be an alluring idea. But the cost makes it a reality for only about 1 percent of students each year, according to NAFSA: Association of International Educators.

Program prices vary widely by school, region and other factors. Brown University students, for example, must pay \$24,136 for a semester in such locations as London and Kyoto, Japan. And that cost doesn't count health insurance, travel, housing, meals, books and miscellaneous expenses.

In "A Parent Guide to Study Abroad," Stacie Berdan demystifies some of the complexities of these far-flung programs.



If you need to save money when studying abroad, you may want to look outside of London. / ISTOCK

"As a parent, I understand that price matters a great deal," she says.

"But as a businesswoman, I recommend parents look at the value of the experience and its return on investment."

We asked Berdan for

her cost-saving tips on studying in a foreign land.

Forget Europe

"Generally speaking, Western European countries such as England,

Italy and France are inherently more expensive than developing countries such as Peru, Senegal or Thailand," says Berdan. "The difference has to do with the host country's overall standard of living and

the overall cost of basic goods and services."

Look into scholarships

"Every year, tens of millions of dollars are given to students to study

abroad," says Berdan. "Most colleges and universities with study abroad offices have a wealth of information about the various forms of scholarships available from a variety of sources."

She recommends checking out the Institute of International Education (studyabroadfunding.org) for the most comprehensive listing of study abroad resources online.

Enroll in a foreign university

"Look into the option of having your child enroll directly in a foreign university, which usually requires withdrawing from his or her home college for the semester or year," Berdan suggests. "This is usually the cheapest alternative, and significantly so, and offers your child an opportunity for real independent learning on a global scale."

REUTERS





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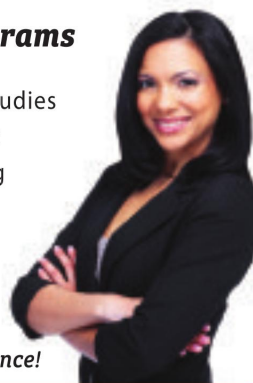
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Seven new degree programs

At BMCC, students can now choose from seven new majors: Sociology, Studio Art, Art History, History, Gerontology, Animation and Motion Graphics, and Modern Languages.

Other degree programs range from Business Management to Teacher Education, Engineering, Theatre and more. Still more areas of study reflect new technologies

and interdisciplinary fields such as Geospatial Technology, Forensic Accounting, Criminal Justice, Forensic Science, Biotechnology and other developing fields.

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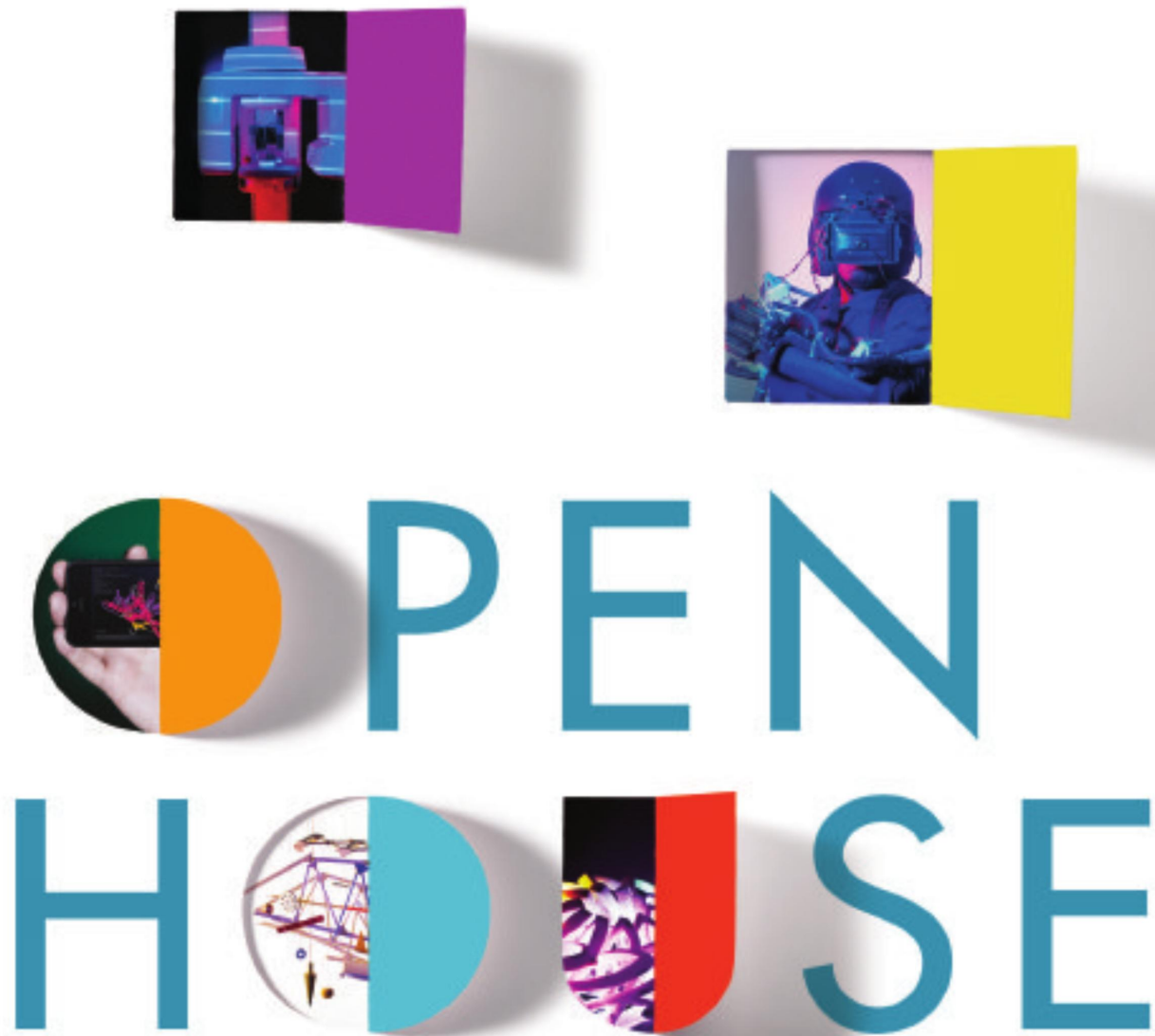
Many students complete their degree requirements through clinical rotations at social service agencies, schools and hospitals throughout New York City. They also volunteer in programs to feed the homeless, and act as tutors, giving hope to high school students who want to make college their next step.

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2

CULTURE

Twitter feed

Today, Elizabeth Hurley is well rested, Kirstie Alley is experiencing technical difficulties, Samantha Ronson has goals and Hailee Steinfeld is hungry.

@ElizabethHurley:
Emerging from a 12 hour sleep

@kirstiealley:
How the hell do I DM people?!?!? When they haven't already DM'd me? Help

@samantharonson:
I just want to be Diane Keaton when I grow up.

@HaileeSteinfeld:
I LOVE MEXICAN FOOD



ALL PHOTOS GETTY IMAGES

Another kid on the way for Brangelina

I was wondering how Brad Pitt and Angelina Jolie would personally address the Syrian refugee crisis. The Hollywood power couple is set to adopt a

Syrian orphan, according to Radar Online. The child in question is apparently one of three young brothers Jolie met during a tour of a Syrian refugee camp

in Turkey. "Angie wanted to adopt all three, but when she got back to the United States, and told Brad about it, he said no," a source says. "Going from six children to nine was just way too much, and Brad was concerned about how it would impact their other kids."

They apparently compromised on bringing one of the brothers home. "It has been a very long process to adopt the Syrian orphan. The red tape has been almost impossible at times," the source adds. "It could take at least another four to five months before the child is brought to the United States." I'm just going to point out that this brings their number of adopted kids to four, versus three biological children, which means someone's going to have to sit out the family pickup soccer games.



Katy Perry and John Mayer are definitely a thing again

I know you were wondering, so here's an update on Katy Perry and erstwhile boyfriend John Mayer. If their behavior and body language at "Girls" star Allison Williams' wedding this weekend is any indication, the two are definitely dating again. Perry and Mayer arrived at the Wyoming ceremony separately, but pretty soon they were inseparable, holding hands and snuggling. "They are definitely back together," a source tells People magazine. The only time they left each other's side was when each of them performed a song for the bride and groom. So that's how you get John Mayer to perform at your wedding. I was wondering.

Orlando Bloom is dating a Jenner? Oh dear

Orlando Bloom, I worry about you sometimes. You generally seem like a pretty cool guy, as famous people go, then every once in a while you end up in a slap-fight in Ibiza with Justin Bieber. Or this: Bloom is reportedly dating junior varsity Kardashian Kendall Jenner — but, like, secretly, according to the



Sun. "The age difference doesn't seem to bother them, although it's far too early for either to tell if it's going to develop into something serious," a source says. What age difference? Oh, just 19 years or so — or exactly as old as Jenner is. It's not as bad as Mel Gibson and his new 25-year-old girlfriend, but still.

THE WORD

Ned Ehrbar takes on the world of gossip.



Rosie O'Donnell mulling reality TV series

Is our next reality TV cringe-fest going to follow the burgeoning relationship between Rosie O'Donnell and Tatum O'Neal? Possibly! "A production company has expressed interest in doing a reality show with Tatum and Rosie," a source tells the National Enquirer. "Tatum had done a reality show with her dad, Ryan, and even though it caused headlines for all the wrong reasons, she



loved doing it. Rosie, however, is very hesitant to do a reality show because of all the turmoil going on in her life."

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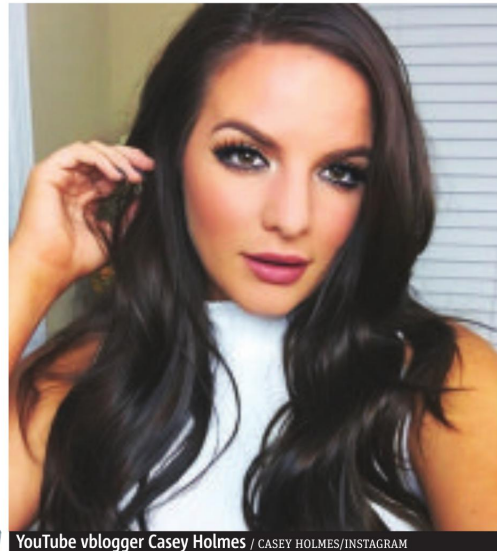
Beauty tips for on-the-go city girls

YouTube. Don't let the change in temp wreak havoc on your beauty game. Casey Holmes offers up her best tips.

Even though the weather is getting a little cooler, when you're dealing with overheated subway platforms and running around the city, it can be a challenge to look cute. But there are a few ways to get through it gracefully. Here's how:

Tip #1: Drink water

The more hydrated you are, the better you feel and look. Drinking plenty of



YouTube vlogger Casey Holmes / CASEY HOLMES/INSTAGRAM

water not only keeps you hydrated and your body moving, but also helps with your skin and, in return, your makeup.

Dehydration makes your skin look dry and wrinkled, and no one wants that!

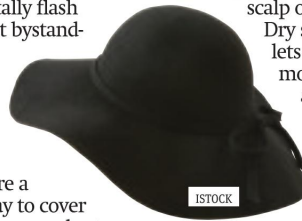
Tip #2: Use a primer

A primer will help your makeup go on smoothly and last longer—especially if you are sweating from all that running around! If you

have oily skin, a mattifying primer is a must. For dry skin, use a hydrating primer.

Tip #3: Wear Spanx shorts under dresses and skirts

We ladies love to wear short skirts and dresses, but prefer not to accidentally flash innocent bystanders when the wind blows. Spanx shorts are a great way to cover up under your short dresses and stay cool. The shorts are tight but breathable, and you won't even notice them under your outfit.



Tip #4: Try out a new hat

Just because it's no longer summer doesn't mean the sun has gone away. A hat that protects your face will prevent you from getting burnt and help your makeup stay put.

Tip #5: Use dry shampoo

Washing your hair every day is not good for your scalp or your hair. Dry shampoo lets you skip the morning wash and blow dry with one quick spray into your roots. Spray it about 10-12 inches from your head onto areas that are oily. Massage in with your fingers, and let sit for about 5 minutes. Then brush it out for freshly washed hair. (Well, maybe not "washed," but no one will know that besides you!)

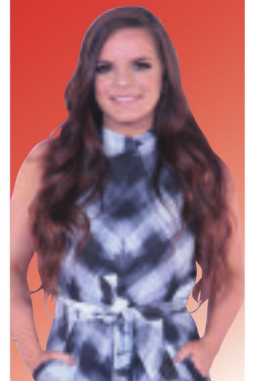
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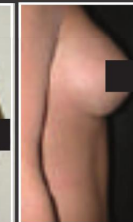
TUMMY TUCK



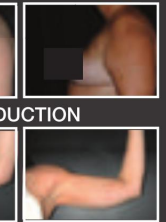
BREAST AUGMENTATION



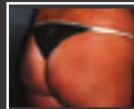
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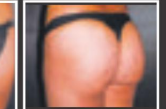
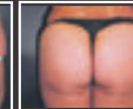
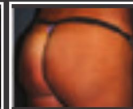
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There's no 'Scream Queens' without the Scream Queen

Interview. Jamie Lee Curtis and Lea Michele are both pretty excited to scare you.

You may know "Glee" star Lea Michele is in Ryan Murphy's new horror/comedy hybrid, "Scream Queens," but chances are it'll take you a minute to recognize her.

The actress wears a big neck brace and plays a bit of a nerd — a contrast from the preppy, over-achieving good-girl she embodied in the hit high-school musical show.

"I love it," Michele says.

"Even the people who know me superwell, like a lot of the crew members who came



Catch "Scream Queens" tonight at 8 p.m. on Fox. / GETTY IMAGES

from 'Glee' and are now on 'Scream Queens,' will see me at work and they'll be like, 'I didn't even know I was talking to you.'"

And those differences are felt everywhere: "Ryan won't have me sing," she confirms. "He wants us to be different. I appreciate that."

But even with all the

changes, Michele says it's good to be around "family faces, familiar family. There's a trust there. I know I'm in incredible hands."

Not only is Michele reuniting with old pals; she also gets to work with the queen of the genre, Jamie Lee Curtis, who plays the dean of the college Michele's character attends.

While Michele didn't ask Curtis for advice on horror, she did feel her influence in other ways.

"Jamie Lee is an incred-

ible role model in how to be on set as an actor. She is the greatest sort of centering unit," says Michele. "I can't express how grateful we are to have someone that really holds down the fort."

Curtis seems pretty happy to be there, too, saying, "It's the best part I'll ever have in my life."

The actress has seen a lot of changes happen over the years in the horror genre, which "Scream Queens" explores. There's a sharply comedic side to the show, similar to the meta humor of the movie "Scream," and Curtis says that was a necessary change for horror films.

"They have to evolve. It has to be something that grows and changes, be-

cause the trope gets tired," she explains.

While some actors might scoff at horror as a genre, Curtis differs. "Without the horror film industry, I wouldn't be here. I wouldn't be enjoying my life. I owe everything I have to [Halloween director] John Carpenter, who somehow saw something in me way back in 1978 in a tiny little office on Ca-huenga Boulevard for a \$300,000 movie that he wrote where he hired me to play the virginal repressed babysitter, and from that moment my life has changed."



LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

Genre work

Don't scare Jamie

Despite her scary past, Curtis will not be tuning in to the next "Paranormal Activity" installment.

"I am the person who anyone will say to me, 'Oh no no, you can't see that, Jamie.' I scare easily. I scare very easily and there is nothing about being scared that I like," says Curtis.

Just how serious is Jamie Lee Curtis' no-scares policy?

"My husband and I, in our wedding vows, vowed not to give each other surprise parties," she says.

So if you see Jamie Lee, try not to startle her, OK?

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Aries You risk causing a rift with a family member if you fly off the handle. Keep your personal relationships running smoothly.



Taurus Stop listening to negative comments and have faith in your own judgment. Make a move that will help you get ahead.



Gemini Do your best to move forward or out of the rut you've been in. Some minor tweaks to your living space will improve your mood.



Cancer Listen to advice. Creative and social ventures will be profitable. You will receive favorable feedback if you take on a leadership role.



Leo A business or pleasure trip will have far-reaching advantages. Use your Leo charm to ensure you receive benefits.



Virgo Overindulgence will be costly. Make adjustments to your lifestyle. You may not agree with everyone, but you can learn helpful pointers.



Libra The less time you spend at home, the better. Emotional squabbles with the people you live with will lead to hurt feelings and regret.



Scorpio The time is right to make life-altering decisions. You will be confused by the actions of a friend or colleague.



Sagittarius Love and romance are headed your way. Don't get too riled up if your schedule has to be rearranged.



Capricorn Tie up loose ends, be they business or personal. You will feel better if you let go of an old grudge. Put your documents in order.



Aquarius Rather than complain, come to terms with your situation. Negative circumstances won't change if you don't take action.



Pisces Others will be drawn to your optimistic nature. If you share your wisdom with someone younger, you'll have a friend. **EUGENIA LAST**

Across

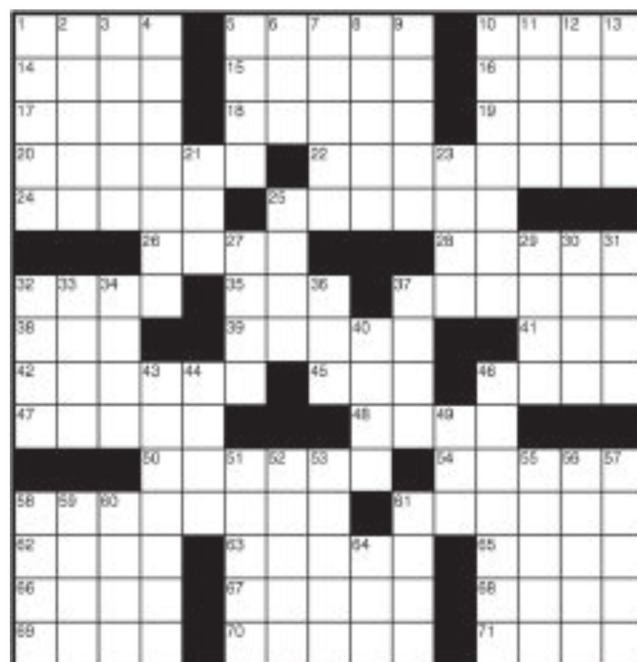
- 1 Sitter's bane
5 Bubbles up
10 Cut, as logs
14 Engineering toy
15 Commencement
16 Away from the wind
17 Gets a loan
18 Terra —
19 Navajo foes
20 Miniature maple, e.g.
22 Antique desks
24 Aquarium scavenger
25 Beginner
26 Robin beaks
28 Olympic award
32 Peteman
35 Future fish
37 Part of ROY G BIV
38 Big bird
39 Separate
41 Yes, in Cherbourg
42 Dating site
45 Start of a bray
46 Alum
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48 La — Tar Pits
50 Muscle cells
54 Video category
58 Pass on
61 Writer — Allende
62 Music and dance
63 Jerked away
65 Dressy event

66 — de vivre

- 67 Rigid
68 007's alma mater
69 Cobras' kin
70 Flee to the JP
71 Studies

Down

- 1 Sploches
2 Conquered again
3 Booster rocket
4 Flinging
5 Central points
6 The Plastic — Band
7 Jetsons' dog
8 Ditto (2 wds.)
9 Rhubarb unit
10 Cooked in butter
11 Low voice
12 Show grief
13 Monster's loch
21 "The Greatest"
23 Sketch
25 Invitation ltrs.
27 Male guinea pig
29 Designer label
30 Spanish water
31 Burglar's "key"
32 Sherpa's sighting
33 Omani title
34 Greasy dirt
36 Contented murmur
37 Livy's road



- 40 Yanks' adversaries
43 Disarms a bomb
44 Warhol star — Sedgwick
46 Off the street
49 Magazine execs

- 51 Stitch loosely
52 Lucy's friend
53 Thick-skinned mammal
55 Let up
56 Juicy fruit

- 57 Paton and Lerner
58 Lower California
59 Piccadilly statue
60 Swab (hyph.)
61 — fixe
64 Sixth sense

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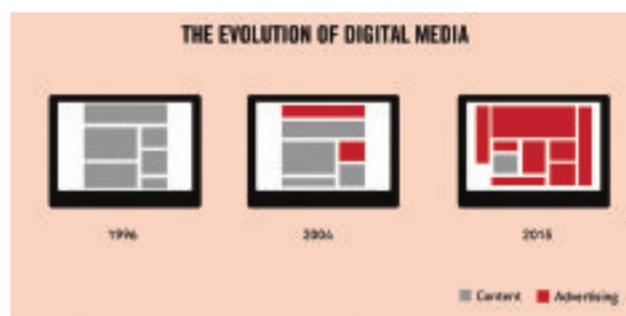
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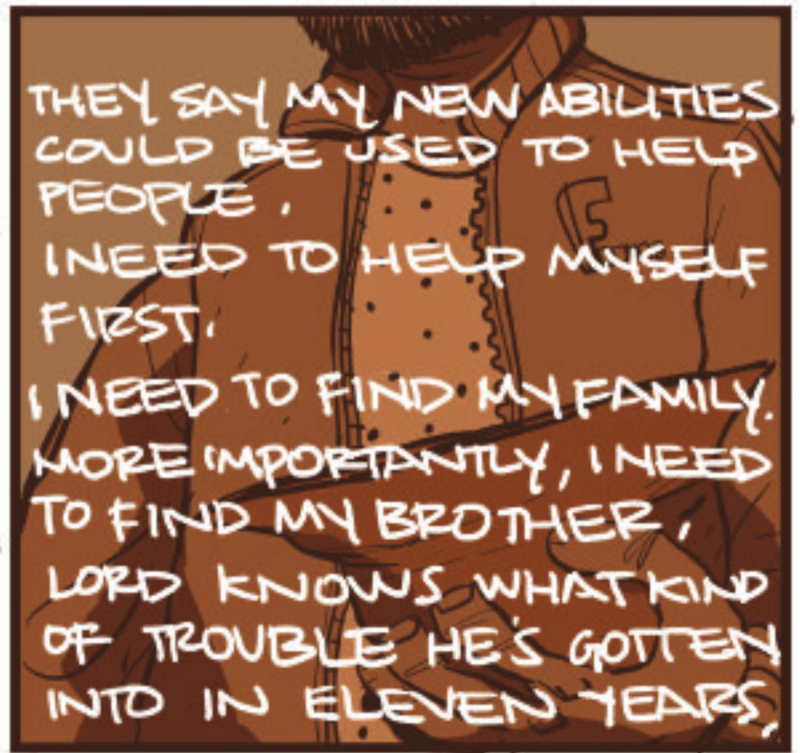
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How medical marijuana can help (if it does)

Here's what we know so far about the healing powers of pot.



Marijuana is moving from secret stashes in underwear drawers to pharmacy shelves. But what do we know about it?

Humans began cultivating marijuana for medicinal use almost 3,000 years ago. As recently as the middle of the 18th century, it was being used for healing in Calcutta, India. But because it was an illegal drug until recently, research is just getting underway in the West.

So far in the U.S., medical marijuana has been approved for use in 23 states and the District of Columbia, while legalization bills are pending in

several others. In New York, the Compassionate Care Act approved the use of marijuana for medical reasons only in liquid forms.

"We respond to cannabis because we are built with intrinsic compounds, transmitters and receptors that can be activated by compounds in the cannabis plant," explains Dr. David Casarett, a University of Pennsylvania professor and author of "Stoned: A Doctor's Case for Medical Marijuana."

He gives us the facts on where the research stands.

Chronic pain

The treatment of chronic pain is one of the most common uses of medical marijuana. But it's more effective with neuropathic pains, in which nerves are damaged. Casarett calls this "interesting because they can be very hard to treat using opioids."

PTSD

Marijuana could be an effective way to treat post-traumatic stress disorders. "We don't have clinical trial data showing how it works, but I think any time you have lots and lots of people using something for one particular reason, we need to figure out why," the expert says.

Healing bones

In a recent study, Israeli researchers gave cannabidiol (CBD) to rats with bone fractures, and found that the healing process was significantly sped up. When tetrahydrocannabinol (THC), which produces the hallucinations associated with pot, was removed, the effects remained.

Insomnia

"We know from medical trials that marijuana can help you fall asleep if you have other symptoms preventing you from

falling asleep, like chronic pains," says Casarett. But more research is needed to prove the effectiveness on patients who don't have a sleep disorder.

Cancer

On the use of marijuana in treating cancer, Casarett is more skeptical. "We know that the cannabinoids in marijuana work well for nausea, including nausea related to chemotherapy," he highlights, but cautions against believing it has cancer-fighting powers. "Some people promote its use, not in the management of cancer-related symptoms, but as an actual treatment, saying that highly concentrated cannabis oil can be used to put cancer into remission," which has not been proven.

wellbeing





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Lately, I've been contemplating what it takes to overcome inertia. Maybe it's because the lazy days of summer are over, or my mind being more attuned to the transformational themes of the Jewish New Year. Regardless, I've noticed that many clients and loved ones, and even yours truly, are doing the ambivalence dance with the one hard thing we all recognize as ultimately necessary to improve our lives, from initiating a risky but necessary conversation with a loved one to taking steps to change a career or kick a bad habit.

Ironically, many of us don't think twice about pushing ourselves to the point of pain and exhaustion at the gym. Yet when life pushes us to exercise our emotional, spiritual and mental muscles, we often would prefer lighter, gentler, no-impact routines. Until we are willing to push ourselves beyond our comfort zone, we will remain stunted, unable to reach the full extent of what we are capable of experiencing, whether in our career, relationships or communities.

That's why I suggest applying the effective strategies for physical exercise to our internal challenges to create a "personal growth workout." This targets the underdeveloped resilience

Once Upon a Couch

KIM SCHNEIDERMAN, MSW, LCSW
STEPOUTOFOURSTORY.COM

Kim Schneiderman, LCSW, is a psychotherapist and the author of "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life." Email Kim your questions at askkim@metro.us.



muscles needed to achieve important outer goals. Here's how it works.

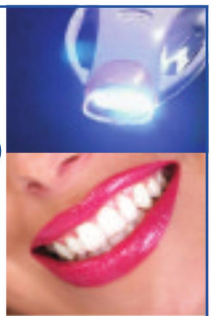
1 Choose one hard thing. While there may be many things you need to work on, focus on one obstacle at a time. Ask yourself, "What is the one hard thing I need to do that could improve my life?"

2 Reframe it as a challenge and set a goal. Studies show that people who perceive difficult situations as challenges are happier and more successful than those who feel victimized and dwell on their misfortune. Identify the challenge presented by your one hard thing and set a concrete, achievable goal.

3 Identify what's at stake. Sometimes recognizing the cost of not working out, like a heart attack or diabetes, can be motivation to overcome resistance to the physical hardship of exercise.



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4 Target the "muscles" you need to strengthen.

Perhaps you need to develop your courage muscle to conquer your fear, your discipline muscle to maintain focus or your compassion muscle to soften your judgement. Create an affirmation that you can say to yourself to remember your commitment to this goal: "Be brave," "discipline yields results," or "there but for the grace of God, go I."

5 Ask or hire a "personal trainer." A supportive presence can help you stay motivated to overcome obstacles and inertia.

6 Warm up. You wouldn't begin a tough physical workout without first warming up your muscles. The same is true of mental and emotional challenges. What do you need to do to prepare yourself for this one hard thing? Try clarifying your thoughts by writing in a journal,

rehearsing a hard conversation, buying nicotine patches or designating a spot in your home for meditation.

7 Create and execute a workout regimen. What "reps" do you need to do on a daily basis? For a behavioral issue such as anger, it might look something like, "When I notice I'm getting angry, I will pause and take five deep breaths before acting." If your one hard thing is a conversation or a one-time thing, pick a

deadline for follow-through and don't deviate.

8 Don't be afraid of possible pain. As a dance teacher once told me, when you begin to stretch, your muscles may scream "no, no, no" — they don't think they can handle the tension because it's never been asked of them before, she explained. "But as you gradually ease into the pose, they relax and discover an untapped capacity for elasticity."

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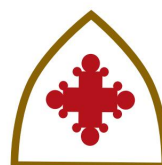
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It's a holy time on the Jewish calendar. After the fasting of Yom Kippur comes the celebration of Sukkot to mark the end of the harvest season.

In Amelia Saltsman's new cookbook, "The Seasonal Jewish Kitchen," holidays are all part of a framework for eating that draws on the bounty of their seasons. Rather than trying to "update" the traditional foods so closely tied to these special days, Saltsman highlights all of the possibilities available to cooks.

For a dish that showcases the best of early fall, try her recipe for tzimmes, a traditional sweet stew. Saltsman's version doesn't have any added sugar, relying only on the natural sweetness of the fruits and vegetables.

Ingredients:

- 6 to 8 oranges
- 1 lemon
- 2 pounds carrots
- 3 pounds sweet potatoes
- 1 pound shallots
- ½ to ¾ pound dried plums or pitted prunes
- 3-4 tablespoons extra-virgin olive oil
- Kosher or sea salt
- white or black pepper

Directions:

Preheat the oven to 400°F. Remove the zest in large strips from 2 oranges and the lemon. Juice enough oranges to yield 2½ cups juice. Reserve the lemon.

Peel the carrots and cut them crosswise into 2-inch chunks.

Peel and cut the sweet potatoes into large bite-size chunks. Quarter the shallots lengthwise. Use kitchen scissors to snip the dried fruits.

Use a roasting pan large enough to hold all the vegetables in a single layer. Place carrots, sweet potatoes, shallots, dried fruit, and lemon and orange zests in the pan. Toss with enough olive oil to coat evenly, season with salt and pepper, and pour the juice over all.

Roast the vegetables, turning them once or twice, until they are tender and browned in places and most of the juice is absorbed, about 1½ hours. Serve warm; makes 8-10 portions.



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Jets defense, Revis lift team to convincing win

NFL. Darrelle Revis had an interception and recovered two fumbles as the Jets held on to beat the Colts Monday.

The Jets are 2-0. The Colts are 0-2. Who would have thunk it?

Certainly the Jets defense, which caused turnover after turnover Monday night to lift the Jets and Todd Bowles to a perfect record in a 20-7 victory.

Ryan Fitzpatrick was just accurate enough, going 22-for-34 for two touchdowns (one apiece to Brandon Marshall, with 101 yards and Eric Decker with 97 yards).

Calvin Pryor helped the Jets' defense make an early statement (the first of many) when he picked off Andrew Luck in the first quarter, leading to a Decker touchdown grab to spot New York an early 7-0 lead. A long Colts drive ended in a missed Adam Vinatieri field goal later in the first, further preserving the Jets' advantage.

The Jets added a field goal near the end of the first



Darrelle Revis and the Jets furious defense caused five huge turnovers in Monday's win. / GETTY IMAGES

half to give them a comfortable 10-0 lead before yet another turnover plagued Indy as Luck coughed up a fumble with a minute left in the first half.

In the second half the Jets defense came out with just as much fire, as Darrelle Revis recovered a critical Frank Gore fumble (Revis' second fumble collected) at the goal line, just as Indy was knocking on

the door to preserve the Gang Green shutout.

A Jets punt did little to slow New York's momentum as Revis went on to pick off Luck on the next third-quarter possession.

Indianapolis mounted a furious comeback when the fourth quarter began, as Luck hooked up with Donte Moncrief for a 26-yard touchdown to cap off an 8-play, 91-yard march to

cut things to 10-7 Jets with 10 minutes to play. It was the only time Luck would resemble his All-Pro self.

Marshall powered his way into the end zone on a touchdown reception four minutes later to put New York up 10 again, 17-7.

With the Colts looking to make it a game again, Marcus Gilchrist nabbed the Jets' third interception of the game off of Luck, al-

What's next?

It's a short week for the Jets as they will start preparing immediately to face the Eagles back at home Sunday, at 1 p.m. on FOX.

- The Eagles are coming off back-to-back devastating losses, each fueled by futilely slow starts and a nonexistent running game (just 70 yards in two games).
- The Jets have never beaten the Eagles in the regular season (they beat them in the fourth preseason game earlier in September. Philly leads the all-time series 9-0).



EVAN MACY
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NFL

Giants are down but far from out

The Giants are making history for all the wrong reasons.

Fresh off another late-game meltdown, Big Blue has to endure the ignominy of not being able to hold a 10-point fourth quarter lead for the second straight week. According to the Elias Sports Bureau, this is the first time in Giants history that they've lost consecutive games after leading by 10 or more points in the fourth quarter. This is also the first time in franchise history that the Giants have started a season 0-2 in three straight years.

That's not the type of stretch head coach Tom Coughlin had in mind



Devon Kennard remains optimistic. / GETTY IMAGES

to open the season, especially for a team that already had a small margin of error in hopes of ending its three-year playoff drought.

"It's all positive going forward. We'll continue to be positive and use our meeting times with positive reinforcements. But sooner or later, you'll

have to learn to make it happen in critical moments," Coughlin said.

Whatever good mojo that Coughlin is trying to instill into his team needs to work quickly, because these days, not even the coin toss has gone right for Big Blue. The Giants won the coin toss Sunday and opted to defer, which meant they took possession to start the second half. But that strategy failed, continuing a trend since 2012 that has New York sitting at 0-7 in games in which it won a coin toss and chose not to go on offense after the opening kickoff.

It may be a matter of luck and coincidence, but the Giants could use a reversal of fortunes. Thankfully, noted linebacker

Devon Kennard, his team is in such a terrible division, that there's still a realistic shot at winning the NFC East. And that quest begins on Thursday night when they host division rival Washington on a short week of preparation.

"It's a division where anyone can win it. We feel we can compete with all the teams. All the opportunity in the world is still there," said Kennard. "It just comes down to finishing plays, finishing games, and making plays in critical moments. I think we have a resilient team. It [the losing streak] didn't kill anyone's confidence. It's a short week and we're already on to Washington."

TONY WILLIAMS

3

SPORTS



NHL

One tough commute

The Islanders may have new uniforms and now call the chic Barclays Center home, but they're still decidedly "old school." Many Islanders took the early morning LIRR trains from Nassau County to Atlantic Terminal for their morning skate Monday, according to the New York Daily News. "I think pretty much everybody took the train today," John Tavares told the News. "I heard the coaches drove this morning and it took a couple of hours, so yeah, I think the train is basically the best option for us. ... We're on with everybody, with all the commuters — but I think it's an experience we'll all enjoy and certainly [we] definitely all feel like Long Islanders now, for sure."



Visit Metro.us for Kristian Dyer's take on last night's Jets-Colts game.

Yanks, Mets odds of deep runs changing by the day

MLB. The Yankees caught a little momentum off of their Subway Series victory.

Barring all-time collapses, both the Yankees and Mets will be playing postseason baseball in two weeks.

Flipping the switch is easier said than done, so it will be interesting to see if either New York squad can get hot in the final days of the regular season. Neither has exactly been tearing it up of late.

The Yankees did look impressive in an 11-2 win over the Mets at Citi Field on Sunday night and in a 5-0 Saturday blanking of their crosstown rivals. But there have been plenty of losses to subpar teams in September as the Tampa Bay Rays and Baltimore Orioles have both had some success. Heading into an important showdown with the Blue Jays in Toronto Monday night, the Yanks were an entirely "blah" 10-8 in September so far.

It's entirely possible, however, that the Yanks could gain some momentum coming off the Sub-



Masahiro Tanaka tries to beat out Josh Edgin's throw to first last weekend at Citi Field. / GETTY IMAGES

way Series win. Jacoby Ellsbury looked like he's ready to break out of his funk as he delivered three hits Sunday and, without A-Rod for much of the series, Greg Bird and Carlos Beltran provided some power.

On the mound, CC Sabathia has simply been stunning. Just a month ago, CBSSports.com had the headline "Yankees' CC Sabathia hits disabled list, season might be over." Three starts later, high-

lighted by an 111-pitch, five-hit victory Sunday, Sabathia is arguably the Yanks' most invaluable piece heading into October.

On the surface, the Mets' current situation seems more dire simply because of how embarrassing the Matt Harvey ordeal was in the Sunday night loss to the Yanks.

"You don't want to know what I was thinking," Mets manager Terry Collins said about Sunday's

game in which Harvey — who allowed just one hit on 77 pitches — was pulled due to his predetermined innings limit. "You might want to know, but I can't tell you."

At the plate, the Mets have had their struggles in the past week or so. They scored just seven runs total in the series against the Yankees and have averaged just 2.3 runs per game since Sept. 14. The Marlins shut them out 6-0 on Sept.

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- Mets +650
- Pirates +900
- Cubs +1000
- Yankees +1400
- Astros +1400
- Rangers +1400
- Twins +4000
- Angels +4000

16 and the Yankees shut them out on Saturday.

The Mets have a relatively soft schedule the rest of the way as they face the Braves (60-90), Reds (63-85) and Phillies (56-94) before their three-game set with the Nats (78-71) to close out the regular season. Washington was six games behind the Mets in the race for the division as of Monday afternoon and was nine games out in the wildcard standings.

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